

RAINBOW GRILL

GLUTEN FREE MENU

ALWAYS LET OUR STAFF KNOW YOU ARE GLUTEN-FREE SO WE CAN TAKE NECESSARY PRECAUTIONS. WE TAKE GLUTEN-FREE, AS WELL AS OTHER ALLERGIES, VERY SERIOUSLY. OUR STAFF IS WELL TRAINED HOW TO HANDLE ALLERGIES. HOWEVER, WE ARE NOT A COMPLETE GLUTEN-FREE OR OTHER ALLERGIES RESTAURANT. WE DO NOT HAVE SEPARATE DEEP FRYERS FOR ITEMS THAT ARE DEEP FRIED.

Starters & Sides

POTATO SKINS

Potato skins lightly fried, topped with melted Cheddar Monterey Jack Cheese, bacon bits, tomato and onion. Served with ranch dressing
Full Order 6.49 Half Order 4.99

Fresh Salads

Dressings: Fat Free French, Thousand Island, Sweet n Sour, Ranch, Raspberry Vinaigrette, Spinach, Bleu Cheese, Honey Mustard and Fat Free Italian

CHERRY CHICKEN SALAD

Boneless chicken breast, dried cherries, sliced strawberries, pecans and bleu cheese crumbles on a bed of spinach, lettuce and romaine. Served with raspberry vinaigrette dressing 9.79

MINI-CHEF CHICKEN SALAD

Home cooked and peeled from the bone chicken breasts, sliced egg and Cheddar Monterey Jack cheese on a bed of lettuce and romaine 7.79

SPINACH CHICKEN SALAD

Tender white chicken, sliced egg, mushrooms, bacon bits and tomato on a bed of spinach. Served with our homemade spinach dressing 8.99

Homemade Soups

OUR SOUPS ARE MADE DAILY IN OUR KITCHEN. BROCCOLI CHEESE, CHEESY POTATO, SPLIT PEA WITH HAM, CHILI ARE GLUTEN FREE

Bowl 4.29 Cup 3.49

Dinner Entrees

Each dinner entrée served with two of the following choices: coleslaw, applesauce, baked potato, vegetable, cup of soup (those specified under homemade soups).

Add \$.90 for sweet potato fries or loaded baked potato

Make sure to specify no dinner roll or garlic toast

6 OZ. SIZZLER *

Our most popular dinner. Grilled just how you like it! Seasoned upon request. Specify no garlic toast 9.49

LOADED 6 OZ. SIZZLER *

6 oz. sizzler grilled how you like it, topped with sauteed peppers and mushrooms and garlic butter sauce. Seasoned upon request. Specify no garlic toast 10.99

8 OZ. NEW YORK STRIP *

8 oz. cut New York Strip grilled how you like it! Seasoned upon request. Specify no garlic toast 10.49

Kid's Menu

For kids 10 and under ONLY

Served with milk or soft drink and one of the following: Baked potato, vegetable, applesauce or small dish of strawberries

Add a small dish of ice cream with whipped cream and sprinkles for \$1

Make sure to specify on gluten free bread. Additional charge of \$1.40 for gluten free bread

HOT DOG

All beef hot dog. Specify no bun 2.99

HAMBURGER

3 oz. fresh ground beef patty 2.99

SWEET POTATO FRIES

Large platter of sweet potato fries. Ask for a side of ranch dressing or frosting for dipping! 3.99

Specialty Sandwiches

Add coleslaw for \$1.29

Add sweet potato fries for \$2

Make sure to specify on gluten free bread. Additional charge of \$1.40 for gluten free bread

CLASSIC REUBEN

Shaved corn beef, sauerkraut, Swiss cheese and homemade Thousand Island 7.99

TURKEY REUBEN

Thinly sliced turkey topped with creamy coleslaw, Swiss cheese and homemade Thousand Island dressing 7.99

BLT SANDWICH

Three slices of thick bacon, lettuce, tomato and mayo 6.49

CLUB SANDWICH

Ham, turkey, bacon, mayo, lettuce, tomato and Swiss cheese 8.29

SLIM JIM

Shaved ham, Swiss cheese, lettuce, tomato and mayo 7.29

CHICKEN SALAD SANDWICH

Homemade chicken salad with mayo and lettuce 7.99

GRILLED CHEESE 3.99

Add 2 slices of bacon and tomato 5.49

BACON CHICKEN MELT

Chicken breast, bacon, Cheddar Monterey Jack cheese with ranch dressing 8.29

SMOTHERED CHICKEN SANDWICH

Chicken breast with Swiss and American cheese, grilled mushrooms and onions and BBQ sauce 7.29

Burgers

Add coleslaw for \$1.29

Add sweet potato fries for \$2

Make sure to specify on gluten free bread. Additional charge of \$1.40 for gluten free bread

SMOKEHOUSE BURGER *

6 oz. burger with Swiss and American cheese, grilled mushrooms and onions and BBQ sauce 7.29

BREAKFAST BURGER *

6 oz. burger topped with American cheese, bacon, fried egg and mayo 8.19

DUTCH BURGER *

6 oz. burger topped with ham, bacon, Swiss and Monterey Cheddar Jack cheese and BBQ sauce 8.99

TERRY SPECIAL *

6 oz. burger with American cheese, ketchup, mustard and pickles 6.99

PATTY MELT *

6 oz. burger with Swiss cheese and grilled onions 6.99

DOUBLE D BURGER *

Two 3 oz. patties, two slices of American cheese, mayonnaise, olives, onions and lettuce 5.99

BUILD YOUR BURGER *

Start with a 3 oz. patty.

Add ketchup, mustard, pickles or onions

Add American, Swiss or Cheddar Monterey Jack cheese +.50

Make it deluxe (Lettuce, tomato, mayo, olives) +.60

Our take on everything is ketchup, mustard, pickle and onion

Single Patty 3.29 Double Patty 4.99

GRILLED CHEESE

Served on cheese bread with American cheese 2.99

CUP OF SOUP

Ask server for gluten free options 3.99

NOTICE: May be cooked to order. Consuming raw or undercooked meat may increase your risk of food borne illness.